

FREE EVENTS

OVERCOME BURNOUT WITH NATURAL REMEDIES

By Gabrielle Traub and Samantha Conboy, Board Certified Classical Homeopaths

The homeopaths at San Diego Homeopathy are all board certified with over 10 years of experience. They provide individualized treatments which address the root cause. Homeopathy is a safe, natural form of medicine with very few side effects.

WEDNESDAY, JULY 11TH

6:30–8:00 PM | CARLSBAD

WEDNESDAY, JULY 18TH

6:30–8:00 PM | CARMEL VALLEY

TUESDAY, JULY 24TH

6:30–8:00 PM | 4S RANCH

CONNECTING THE DOTS: KIDNEY TALK

By Jason Hunter, International School of Detoxification,
Level I & II

Jason is a Certified Detoxification Specialist and Permaculture Designer. Through his own life experiences, he developed his own style of blending modalities, which he shares in his holistic health counseling practice. Jason uses a combination of iridology, physiological analysis, herbology and Qi Gong to support those who are working to bring their own bodies back into a balanced, focused awareness.

TUESDAY, JULY 17TH

6:30–8:00 PM | ESCONDIDO

SUMMER TIME WELLNESS

By Cora Ragaini, R.D.N., Certified Yoga Teacher

Cora is a registered dietitian, certified yoga teacher, reiki practitioner, and a newbie farmer! Her interest in wellness started at the young age of 13, when she discovered the power of a plant-based diet. Cora was led to Hawaii, Rhode Island, Costa Rica, and finally California, following her passions of nutrition, mind/body connection, farming, and universal energy work. She holds a degree in nutrition from the University of Connecticut and a 200 hour YTT from the School for Ayurveda in Newport, Rhode Island.

WEDNESDAY, JULY 25TH

6:30–8:00 PM | ESCONDIDO

Seating is limited for all educational seminars; please sign up in advance in the vitamin dept.

CARLSBAD - 760.334.7755

ESCONDIDO - 760.489.7755

4S RANCH - 858.432.7755

CARMEL VALLEY - 858.793.7755

WESTFIELD HORTON PLAZA - 619.308.7755

JIMBO'S
...Naturally!